



Carbon Monoxide Safety

Carbon monoxide poses a serious threat to individuals both at home and on the job. According to the CDC, during 1999 to 2010, a total of 5,149 deaths from unintentional carbon monoxide poisoning occurred in the United States, an average of 430 deaths per year. CO poisoning is the leading cause of poisoning deaths in the US. Carbon monoxide is an invisible, odorless, colorless gas created when fuels (such as **gasoline**, wood, coal, natural gas, propane, oil, and methane) burn incompletely.

Never:

- Burn charcoal indoors
- Leave your car running in a garage or any poorly ventilated area
- Heat your house with your stove- this can lead to a buildup of CO in your house
- Use a generator inside your house.

Symptoms of CO Poisoning

- Weakness a Dizziness
- Nausea or vomiting a Shortness of breath
- Confusion
- Blurred vision
- Loss of consciousness

If you or people around you are experiencing these symptoms it is important to get them and yourself out of the area. Being exposed to CO for an extended amount of time can cause irreversible brain damage and eventually death.

Prevention

Avoid the situations mentioned above. Have gas-burning appliances and heaters regularly inspected by a professional to ensure there are no issues with using them in the home. Install CO alarms on each floor of a building or home. Test the alarms at least once a month and replace them according to the manufacturer's guidelines. People who are asleep or are intoxicated are very susceptible to CO poisoning and alarms are the only chance to alert them to danger before it is too late.

Discussion point:

-Has anyone experienced a problem with a carbon monoxide leak?